

Sample Afterschool Snack Program Menus for Grades K-12

This document provides guidance and sample snack menus for grades K-12 in the U.S. Department of Agriculture's (USDA) Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP). The specified servings meet or exceed the requirements of the [ASP Meal Pattern for Grades K-12](#) and are indicated in parentheses after each menu item.

Reimbursable snacks must include any two of the four components: 1 cup of unflavored low-fat (1%) milk, unflavored fat-free milk, or flavored fat-free milk; 1 ounce of meat/meat alternates; $\frac{3}{4}$ cup of vegetables/fruits; and 1 serving of grains/breads. Only one of the two snack components may be a creditable beverage such as milk or juice.



Each component must provide at least the minimum serving in the ASP meal pattern. Snack menus may include additional foods or larger servings beyond the minimum requirements. Larger portions may be appropriate to meet older children's nutrition needs. For example, a snack menu that contains 1 ounce of cheese (1 ounce of meat/meat alternates) and 1 ounce of whole-grain crackers (one serving of grains/breads) meets the minimum servings for grades K-12. This snack may be nutritionally adequate for a 6-year-old, but an 18-year-old might need larger servings or an additional food item such as a fruit or vegetable. Serve nutrient-dense foods that are appropriate to the nutrition needs of each age group.

For detailed guidance on the ASP meal pattern for grades K-12, refer to the CSDE's [Afterschool Snack Program Handbook](#). For additional resources, refer to the CSDE's [Resources for the School Meal Patterns for Grades K-12](#) and visit the CSDE's [ASP](#) webpage.

Menu Planning Considerations for Snack

Consider the meal pattern requirements and recommendations below when planning snack menus for grades K-12. For detailed guidance on crediting foods, refer to the CSDE's [Crediting Summary Charts for the ASP Meal Pattern for Grades K-12](#) and visit the "[Crediting Foods for Grades K-12 in the ASP](#)" section of the CSDE's ASP webpage.

- **Meat/meat alternates:** The serving refers to the edible portion of cooked lean meat, poultry, or fish as served, e.g., cooked lean meat without bone, breading, binders, extenders, or other ingredients. Nut and seed butters credit by volume (tablespoons) not weight. Commercial meat products with binders and extenders (such as deli meats, hot dogs, and sausage) and commercial combination foods (such as pizza and chicken nuggets) and require a Child Nutrition (CN) label or product formulation statement (PFS) to determine crediting information. For more information on crediting meat/meat alternates, refer to the CSDE's resources, [Crediting Commercial Meat/Meat Alternate Products in the NSLP and SBP](#) and [Crediting Deli Meats in the NSLP and SBP](#), and visit the "[Meat/Meat Alternates Component for Grades K-12 in the ASP](#)" section of the CSDE's ASP webpage.

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- **Vegetables/fruits:** For best nutrition, limit juice and serve more fruits and vegetables. Pureed fruits and vegetables in smoothies credit as juice. For more information, refer to the CSDE's resources [Crediting Juice for Grades K-12 in the NSLP and SBP](#) and [Crediting Smoothies for Grades K-12 in the NSLP and SBP](#). Check the USDA's [Food Buying Guide for Child Nutrition Programs](#) to ensure the proper crediting of fresh fruits (refer to "Crediting Documentation" in this document). Depending on the size, one piece of fresh fruit might not provide the required $\frac{3}{4}$ -cup serving. For example, one 60-count plum and one 88-count peach each credit as $\frac{3}{8}$ cup of fruit; one 100-120-count banana and one 138-count orange each credit as $\frac{1}{2}$ cup of fruit; and one 113-count or 125-count orange credits as $\frac{5}{8}$ cup of fruit. For more information on crediting vegetables fruits, visit the "Vegetables/Fruits Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.
- **Grains/breads:** Grains/breads must be whole grain, enriched, bran, or germ. **Note:** Bran and germ do not credit in the NSLP and SBP meal patterns for grades K-12. Ready-to-eat breakfast cereals must contain a creditable grain as the first ingredient or be fortified. For information on identifying creditable grains, refer to the CSDE's resources, [Crediting Whole Grains in the NSLP and SBP](#) and [Crediting Enriched Grains in the NSLP and SBP](#). Grains must meet the required weights (groups A-E) or volumes (groups H-I) in [Grains/Breads Servings for Grades K-12 in the ASP](#) or provide the minimum creditable grains per serving. For more information, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP](#). For best nutrition, serve whole-grain foods most often and avoid grain-based desserts such as cookies, animal crackers, graham crackers, granola bars, toaster pastries, sweet rolls, and cake. For more information on crediting grains and breads, visit the "Grains/Breads Component for Grades K-12 in the ASP" section of the CSDE's ASP webpage.
- **Noncreditable foods:** Noncreditable foods cannot be served in place of the required components. Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. For more information, refer to the CSDE's resource, [Noncreditable Foods for Grades K-12 in the ASP](#).
- **Water:** The USDA recommends serving water when ASP snacks do not include milk or juice. Water does not credit in the ASP meal pattern and cannot be offered in place of the required food components. For more information, visit the "Water Availability" section of the CSDE's [Program Guidance for School Nutrition Programs](#) webpage.

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Crediting Documentation

School food authorities (SFAs) must be able to document that snack menus provide the required food components and quantities. Use the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG) to determine the amount of purchased food that meets the required serving for each meal pattern component. Commercial processed foods not listed in the FBG require a CN label or PFS to document crediting information. For more information, refer to the CSDE's resources, *Child Nutrition (CN) Labeling Program*, *Product Formulation Statements*, and *Accepting Processed Product Documentation*, and visit the "Crediting Commercial Processed Products" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Foods made from scratch must have a standardized recipe that documents the crediting information per serving. For more information, visit the "Crediting Foods Prepared on Site" section of the CSDE's Crediting Foods in School Nutrition Programs webpage.

Sample Menu Abbreviations

M = Milk component

MMA = Meat/meat alternates

VF = Vegetables/Fruits component

G = Grains/Breads component

Not credited

A = Additional creditable food (not full serving)

O = Other food (noncreditable)

c = cup

Tbsp = tablespoon

tsp = teaspoon

oz = ounce

Note: The CSDE's sample menus are intended for informational purposes and do not guarantee compliance with the ASP meal pattern. Crediting information for local menus will vary depending on the types of foods purchased by the SFA, and the recipes and preparation techniques used. SFAs are responsible for ensuring that their menus meet the ASP meal pattern and maintaining appropriate crediting documentation on file (refer to "Crediting Documentation" in this document).

Sample ASP Menus for Grades K-12

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M 1 cup					
	MMA 1 oz		Yogurt and fruit parfait: Low-fat vanilla yogurt ($\frac{1}{2}$ c)	Cheese stick (1 oz)		Ham ($\frac{1}{2}$ oz) and cheese ($\frac{1}{2}$ oz) roll-up
	VF $\frac{3}{4}$ cup	Orange slices ($\frac{3}{4}$ c)	Sliced strawberries ($\frac{3}{8}$ c) Blueberries ($\frac{3}{8}$ c)	Diced cucumbers ($\frac{3}{4}$ c)	Vegetable soup ($\frac{1}{2}$ cup vegetables) Diced peaches ($\frac{1}{4}$ cup)	
	G 1 serving	Enriched corn muffin (1 $\frac{1}{2}$ oz)			Whole-grain crackers (1 oz)	Whole-corn tortilla (1 oz)
	A		Whole-grain granola (2 Tbsp)			Shredded lettuce ($\frac{1}{8}$ c)
	O	Water	Water	Low-fat dip (1 Tbsp) Water	Water	Mustard (1 tsp) or low-fat mayonnaise (1 tsp) Water
Week 2	M 1 cup					
	MMA 1 oz	Diced turkey (1 oz)	Sliced avocado ($\frac{1}{2}$ c) Diced tomatoes ($\frac{1}{4}$ c)	Sunflower butter (2 Tbsp)	Hummus ($\frac{1}{4}$ c chickpeas) pita with shredded carrots	
	VF $\frac{3}{4}$ cup	Tossed salad: Lettuce ($\frac{1}{2}$ c) with tomatoes and cucumbers ($\frac{1}{4}$ c)		Apple slices ($\frac{3}{4}$ c)		Cucumber slices ($\frac{3}{8}$ c) Carrot sticks ($\frac{3}{8}$ c)
	G 1 serving		Whole-wheat toast (1 oz)		Whole-wheat pita (1 oz)	Enriched pretzels (1 oz)
	A	Enriched croutons ($\frac{1}{4}$ oz)			Shredded carrots ($\frac{1}{8}$ c)	
	O	Low-fat dressing (1 Tbsp) Water	Water	Water	Water	Low-fat dip (1 Tbsp) Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	M 1 cup				Unflavored low-fat milk (1 c)	
	MMA 1 oz		Low-fat cottage cheese ($\frac{1}{4}$ c)	Tortilla wrap: Refried beans ($\frac{1}{4}$ c) and shredded cheese ($\frac{1}{8}$ oz)		
	VF $\frac{3}{4}$ cup	Mixed berries ($\frac{3}{4}$ c)	Canned apricots in juice ($\frac{3}{4}$ c)		Carrot-pineapple-raisin salad Shredded carrots ($\frac{1}{2}$ c), crushed pineapple ($\frac{1}{8}$ c), and raisins ($\frac{1}{8}$ c)	Roasted cauliflower bites ($\frac{3}{8}$ c) Cantaloupe chunks ($\frac{3}{8}$ c)
	G 1 serving	Soft whole-grain pretzel (1 oz)		Whole-grain tortilla (1 oz)		
	A			Diced tomato ($\frac{1}{8}$ c)		
	O	Water	Water	Water		Low-fat dip (1 oz) Water
Week 4	M 1 cup					
	MMA 1 oz	Part-skim Mozzarella cheese stick (1 oz)	Ants on a log: Peanut butter (2 Tbsp)		Pasta veggie salad: Ham (1 oz)	
	VF $\frac{3}{4}$ cup	Red grapes ($\frac{3}{4}$ c)	Carrot sticks ($\frac{1}{2}$ c) Celery sticks ($\frac{1}{4}$ c)	Corn and black bean salad ($\frac{1}{2}$ c) Diced tomatoes ($\frac{1}{4}$ c)		Sliced kiwi ($\frac{3}{4}$ c)
	G 1 serving			Whole-grain pita chips (1 oz)	Enriched rotini pasta ($\frac{1}{2}$ c)	Whole-grain cornbread (1 oz)
	A		Raisins (1 Tbsp)		Diced vegetables: carrots, broccoli, and tomatoes ($\frac{1}{4}$ c)	
	O	Water		Water		Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 5	M 1 cup					
	MMA 1 oz	Low-fat cottage cheese ($\frac{1}{4}$ c)	Peanut butter (2 Tbsp)		Fruit and yogurt smoothie: Yogurt ($\frac{1}{2}$ c)	
	VF $\frac{3}{4}$ cup		Carrot sticks ($\frac{3}{4}$ c)	Diced papaya ($\frac{3}{4}$ c)	Pureed strawberries ($\frac{1}{2}$ c) Pureed bananas ($\frac{1}{4}$ c)	Green grapes ($\frac{3}{4}$ c)
	G 1 serving	Whole-grain puffed cereal ($\frac{3}{4}$ c)		Trail mix: Whole-grain cereal rounds ($\frac{1}{2}$ c), enriched pretzels (1 oz), and dried fruit		Enriched pretzel sticks (1 oz)
	A	Crushed pineapple in juice (1 Tbsp)		Peanuts ($\frac{1}{2}$ Tbsp) Dried fruit ($\frac{1}{2}$ Tbsp)		
	O	Water	Water	Water		Water
Week 6	M 1 cup				Unflavored low-fat milk (1 c)	
	MMA 1 oz		Swiss cheese cubes (1 oz)	Low-fat Greek yogurt ($\frac{1}{2}$ c)	Almond butter (2 Tbsp)	Tuna salad (1 oz tuna)
	VF $\frac{3}{4}$ cup	Jicama sticks ($\frac{3}{8}$ c) Zucchini sticks ($\frac{3}{8}$ c)	Marinated broccoli florets ($\frac{1}{2}$ c) Nectarine slices ($\frac{1}{4}$ c)	Fruit salad: Oranges, bananas, sliced grapes, pineapple ($\frac{3}{4}$ c)		
	G 1 serving	Enriched bread sticks (1 oz)			Whole-wheat bagel (1 oz)	Whole-grain crackers (1 oz)
	A					Chopped tomatoes ($\frac{1}{4}$ c)
	O	Low-fat dip (2 Tbsp) Water	Water	Water		Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 7	M 1 cup			Unflavored low-fat milk (1 c)		
	MMA 1 oz	Pumpkin seeds (1 oz)	Hummus ($\frac{1}{8}$ c chickpeas)		Shredded low-fat cheese (1 oz)	Berry-peach yogurt parfait: Low-fat yogurt ($\frac{1}{2}$ c)
	VF $\frac{3}{4}$ cup	Watermelon chunks ($\frac{3}{4}$ c)	Zucchini sticks ($\frac{3}{8}$ c) Pepper strips ($\frac{3}{8}$ c)		Garden salad: Lettuce ($\frac{1}{2}$ c), tomatoes, cucumbers, and carrots ($\frac{1}{4}$ c)	Seasonal berries ($\frac{1}{4}$ c) Diced peaches ($\frac{1}{4}$ c)
	G 1 serving			Enriched pumpkin cranberry muffin (1 oz)		
	A					
	O	Water	Water		Low-fat Italian dressing (1 Tbsp) Water	Crumbled graham crackers (1 Tbsp) Water
Week 8	M 1 cup		Unflavored low-fat milk (1 c)			
	MMA 1 oz	Pita bread triangles: Low-fat cheese (1 oz)				Chicken salad (1 oz cooked chicken)
	VF $\frac{3}{4}$ cup		Roasted chickpeas ($\frac{3}{4}$ c)	Marinated diced cucumber- tomato salad ($\frac{3}{4}$ c)	Strawberry shortcake: Sliced strawberries ($\frac{3}{4}$ c)	
	G 1 serving	Whole-wheat pita bread (1 oz)		Whole-grain roll (1 oz)	Enriched biscuit (1 oz)	Whole-wheat pita pocket (1 oz)
	A	Veggie salsa ($\frac{1}{8}$ c)				Shredded lettuce ($\frac{1}{8}$ c) Diced tomato ($\frac{1}{8}$ c)
	O	Water	Water	Water	Whipped cream (2 Tbsp) Water	Water

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 9	M 1 cup					
	MMA 1 oz				Almond butter (2 Tbsp)	Herbed cottage cheese (1/4 c)
	VF 3/4 cup	Pineapple slices (3/4 c)	Marinated three-bean salad (3/4 c)	Sliced kiwi (3/4 c)	Frozen banana (3/4 c)	Celery sticks and cucumber slices (3/4 c)
	G 1 serving	Whole-grain bagel (1 oz)	Enriched pretzels (1 oz)	Whole-grain cereal (3/4 c)		
	A					Whole-grain crackers (1/2 oz)
	O	Light cream cheese (1/2 Tbsp) Water	Water	Water	Water	Water
Week 10	M 1 cup				Unflavored low-fat milk (1 c)	
	MMA 1 oz	Hard-boiled egg (1/2 large)	Herbed low-fat cottage cheese (1/4 c)			Peanut butter (2 Tbsp)
	VF 3/4 cup		Carrot sticks (1/2 c) Cherry tomatoes (1/4 c)	Refried beans (1/2 cup) and salsa (1/4 cup)	Roasted green beans (3/4 c)	
	G 1 serving	Whole-grain roll (1 oz)		Whole-corn tortilla chips (1 oz)		Whole-wheat bagel (1 oz)
	A					
	O	Water	Water	Water	Water	Water

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Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE webpage):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/MealPatternASPgradesK-12.pdf>

Crediting Foods for Grades K-12 in the ASP (“Documents/Forms” section of CSDE’s ASP webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#CreditingFoodsGradesK12>

Crediting Summary Charts for the ASP Meal Pattern for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Crediting_Summary_Charts_ASP_Grades_K-12.pdf

Menu Planning Guidance for the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program#MenuPlanningGuidanceASP>

Recipes for Child Nutrition Programs (CSDE’s Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning#Recipes>

Resource List for Menu Planning and Food Production for Child Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/Resources/ResourcesMenuPlanning.pdf>

Resources for the School Meal Patterns for Grades K-12 (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/ResourcesSchoolMealPatterns_gradesK-12.pdf

Snack Inspiration (Wisconsin Department of Public Instruction):

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

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For more information, refer to the CSDE's *Afterschool Snack Program Handbook* and visit the CSDE's [Afterschool Snack Program](#) webpage, or contact the [school nutrition programs staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/ASP/Forms/SampleMenuASP_gradesK-12.pdf.

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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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